



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Bremer, Andreas

Club: Tri Team TG Witten

Number: 2818

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:24:07

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 18 (of 56)

Rank in course/Men: 18 (of 46)

Best time in course: 3:09:35

Rank in category: 2(of 5)

Best time in the category: 4:06:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	1:57:00	6:00	2	3:50	20	1:16:29	19.50	1:57:00	6:00	2	3:50	41	1:16:29
Finish	22.50	2:27:07	6:32	2	13:58	21	41:26	42.00	4:24:07	6:17	2	17:48	18	1:14:32